Across
1. It’s important to practice __________ as much as you can. Things like exercise, meditation, and healthy eating are all ways to take care of yourself.
2. Personal __________ can be hard for those with mental illness. Take a step towards better mental health by accomplishing ONE activity (like combing your hair, taking a shower, or brushing your teeth).
6. If you can, take a nice warm __________ to relax your muscles and your mind. Light a candle, throw in a cup of Epsom salt, and use this time to focus on being in your body.
8. A healthy __________ makes a difference in your mental health. By eating fresh fruits and veggies, foods full of probiotics, and fiber-rich whole grains, you are helping fuel your mind and body.
11. When you’re feeling panicked, sometimes it can help to take a few __________ to slow down your heart rate.
13. __________ is a fantastic way to center your mind. Just five minutes of closing your eyes and focusing on your breath can improve mental clarity and calmness.

Down
1. Getting just 15 minutes of __________ each day can help improve your mood. Just walk outside and soak in the warmth.
3. Our virtual wellness programming offers chair __________ for our community members to do at home. It’s a great way to gently stretch your muscles.
4. __________ is a great way to get your blood pumping and release feel-good chemicals to your brain.
5. Making a daily or weekly __________ list has been proven to help mental health in the long run; it helps you focus on things that you are grateful for, not the things you lack.
7. Many therapists suggest __________ for their patients so they can write down all their thoughts and feelings.
9. Sometimes it’s important to get help with your mental health. Talking to a professional __________ can be a great way to work through your emotions.
10. This group of coping techniques (temperature, intense exercise, paced breathing and paired muscle relaxation) helps you calm yourself in distressing situations.
12. Getting at least eight hours of __________ can drastically improve your mental health. However, it’s better to stick to a consistent schedule even on the weekends.
14. It’s important to learn to say __________ to people and things sometimes. When you are already overwhelmed with tasks, you can support your mental health by turning down more than you can handle.
Mental Health Crossword Puzzle

Answers to the puzzle:

Together, let’s take a small step every day.
Mental Health Month • May 2020